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# **COVID-19 Guideline**

## **Mask & Respirator Usage in Indoor Common Spaces**

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### **KEYYASK GENERATION PROJECT**

243954-0120-XXXXXX-PLAN- Mask Usage in Indoor Common Spaces – KCR04

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Collective: XXXXXX

Type: PLAN

Revision: R 1.5

Date: 2022 04 07

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## 1 OVERVIEW

Manitoba Hydro’s priority is health and safety. This COVID-19 Guideline (Guideline) outlines worker requirements for the use of masks and respirators while in indoor common areas within the Keeyask project boundaries. This is in addition to the currently existing protocols of wearing masks during transportation to and from site. For specific information regarding the current mask or respirator required on site, please review the Keeyask Protocols document.

## 2 PURPOSE

Manitoba Hydro is committed to providing a safe and healthy work environment during a pandemic through proper planning and preparedness measures for the prevention and control of exposure to pathogens including COVID-19. The purpose of this Guideline is to implement and support practices to mitigate the risk of contracting COVID-19 while in indoor common areas within Keeyask Generation Project Site and have not already been communicated in previous contractor and worker guidelines.

This content supplements existing provincial resources, fact sheets and other information taken from either the Province of Manitoba or Canada.ca, which will be referenced.

## 3 POLICY

Masks/respirators (N95 or KN95) ~~are recommended but not required~~ ~~must be worn~~ in all indoor common spaces ~~as indicated below~~. Masks are strongly recommended for individuals who have health conditions and are at an increased risk.

~~On Construction work fronts mask usage is required when unable to maintain two metres (6 feet) of physical distance and when moving around the workplace. When stationary, if two metres (6 feet) of physical distance can be maintained, no mask is required.~~

All workers and visitors to the project site ~~that are required to wear a mask~~, must wear a mask/respirator of appropriate quality as outlined in section 7 of this guideline, as well as wearing the mask/respirator in the appropriate method as outlined in section 8 of this guideline.

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## 4 PROJECT INDOOR COMMON SPACES

Indoor common spaces within the project area will include; but not limited to:

• Camp reception area	• Camp Wellness Centre**
• Camp artic corridor	• ERS gathering room
• Camp meeting rooms	• EMS and Medical Services
• Camp dining area *	• Camp Lounge ***
• Camp ‘grab and go’	• Contractor public facilities (ie/lunchroom)
• Camp recreation facilities	• Keyask Generating Station
• Camp theatres	

~~\*masks/respirators must be worn in the dining area during lineup, however once seated, the mask can be removed~~

~~\*\* masks/respirators are not required but recommended must be worn in the Wellness Centre throughout the facility when unable to maintain a minimum distance of 2-metre (6 feet)-~~

~~\*\*\*masks/respirators must be worn in the lounge throughout the facility up to the point a guest becomes seated at which point the mask can be removed, assuming social distance can be maintained~~

## 5 DEFINITIONS

### ***Physical Distancing/Social Distancing***

Limiting the number of people that you, and your co-workers, come into close contact (within two metres/ six feet).

## 6 RESPONSIBILITIES

### 6.1 MANITOBA HYDRO IS RESPONSIBLE FOR:

- Creating the guideline;
- Communicating and instructing MH staff and contractors on the guidelines;
- Providing necessary information and tools to MH staff contractors for effective roll out;
- Providing a public information campaign to support the implementation; and
- Ensuring applicable masks are available for workers who do not have appropriate masks.

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**6.2 CONTRACTORS ARE RESPONSIBLE FOR:**

Contractors are responsible to adhere to and to follow guidelines within this document. This includes communicating to workers all information related to the use of masks in indoor common spaces.

**6.3 WORKERS ARE RESPONSIBLE FOR:**

Ensuring they use an appropriate quality of mask, use it in the applicable locations, and wear it correctly.

**6.4 SECURITY SERVICES ARE RESPONSIBLE FOR:**

To educate and require workers to maintain compliance with this guideline if and where applicable.

**7 TYPE / QUALITY OF MASKS/RESPIRATORS**

When worn properly, a person wearing an approved mask/respirator can reduce the spread of his or her own infectious respiratory droplets.

An N95 or KN95 respirator is a respiratory protective device designed to achieve a very close facial fit and very efficient filtration of airborne particles. N95 or KN95 respirators provide better protection and must be approved by approved by Health Canada as they are required to meet established standards for filtration, breathability and fluid resistance.

Respirator (N95 and KN95) Construction and Fit:

- Construction materials may vary but must meet filtration standards for respirators.
- The design allows for a better fit than a medical mask.
- Not available with transparent windows.
- Typically, single use and disposable, but may be reused until visibly dirty, damp or damaged
- Designed to fit snug on the face.
- On some respirators, the fit can be improved by adjusting ties, bands or ear loops and the nosepiece.
- A respirator worn in the community doesn't need fit testing.

Guidance on non-medical face masks or face coverings shall:

- Allow for easy breathing;
- Fit securely to the head with ties or ear loops;
- Maintain their shape after washing and drying;
- Be changed as soon as possible if damp or dirty;
- Be comfortable and not require frequent adjustment;
- Be made of at least 2 layers of tightly woven material fabric (such as cotton or linen);
- **Neck gaiters and multi-scarves are not allowed to be used as masks**
- Be large enough to completely and comfortably cover the nose and mouth without

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- gaping; and
- Masks with filters are acceptable. Some masks also include a pocket to accommodate a filter, for example; paper towel or disposable coffee filter, for increased benefit.

Face masks with breathing valves are not allowed to be worn unless they are required respiratory protection for the task being performed. The most important aspect about face masks is ensuring they are worn appropriately (covering nose and mouth) and are not being touched while wearing or they will not be effective.

## 8 PROPER METHOD OF MASK/RESPIRATORS USAGE

A mask/respirator can reduce the chance that others are coming into contact with your respiratory droplets, in the same way as practicing cough etiquette by covering your mouth and nose with a tissue when coughing or sneezing or coughing or sneezing into your sleeve.

Employees **that are required to wear a mask**, must wear an approved mask in indoor common spaces. Approved masks/respirators must be worn properly and must cover the wearer's mouth and nose to prevent respiratory droplets from spreading to others or landing on surfaces.

The following are recommended practices to follow with mask usage:

- Wash your hands immediately before putting it on and immediately after taking it off;
- Practice good hand hygiene while wearing the mask;
- Ensure your mask fits well (doesn't gape);
- Do not share your mask with others; and
- Avoid touching the front of the mask or changing a mask multiple times in a shift unless it is damaged, damp or visibly soiled.

Face masks and respirators can become contaminated on the outside, or when touched by your hands. Avoid touching your face mask while wearing it and change your mask as soon as it is damp or soiled. To clean non-medical mask directly into a bag or into the washing machine, launder your mask on a hot cycle and dry it thoroughly. For information about the safe use of non-medical masks, visit Health Canada.

For information about the safe use of non-medical masks, visit [Health Canada](https://www.healthcanada.ca).

Source: <https://www.gov.mb.ca/covid19/restoring/print/guidance.html#ppe>.

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## 9 REFERENCES

The following reference documents are complimentary to this Guideline or form part of the overall practices in fighting the spread of COVID 19.

1. Contractor Guidelines for Work Activities Under COVID-19
2. COVID-19 Workers' Information Package
3. Travel/Isolation Process: Local Drivers and Northern Shuttle Transports
4. Keyask COVID-19 Site Handbook
5. Manitoba Shared Health Screening Tool
6. Self-Monitoring Process